

TJM's *Soul Sessions*

SPIRITUAL REHAB™

Welcome to Soul Sessions!

MANY INDIVIDUALS EXPERIENCE SPIRITUAL REHAB UNAWARE & UNWILLINGLY BUT WHEN THEY LOOK BACK, THEY ARE SO GRATEFUL THEY DID.

Spiritual Rehab™ is a term I came up with to describe a period of my awakening. It was filled with detoxing my mind and spirit of toxins (a negative system of thinking, harmful behaviors & emotions, and false principles about life) accumulated overtime. I faced my issues; those that were 100% my fault and others that I had no control over. Likening this time to an addict being weaned from a drug; you will experience pressure, pain, confusion, and ultimately peace, love and clarity. There are a few things you must take along this journey.

See them below:

Commitment—you **must** be dedicated for the next 7 days

Journal—find, purchase, or make a journal and label it TJM Soul Sessions

Soul Sessions Playlist—I enjoy music; each day has a song to be played from TJMSoul page

Soul Sessions e-Sheets—Daily worksheets to be printed and completed (they're very simple)

Soul Sessions Video—Watch video message for the day from the TJMSoul page

Vision Board —Poster board, cardboard, or blank paper, magazines, scissors, glue/tape, space

Time—Give yourself at least 20 minutes a day in the morning to focus on your e-sheets

Open Heart—Give yourself permission to be vulnerable and loved

Me—I am here with you in spirit and an email away (tjm@tashimajones.com)

So, again, Welcome to Soul Sessions—Spiritual Rehab. I believe in you and look forward to all you're about to receive.

OWN Your Greatness,

Tashima

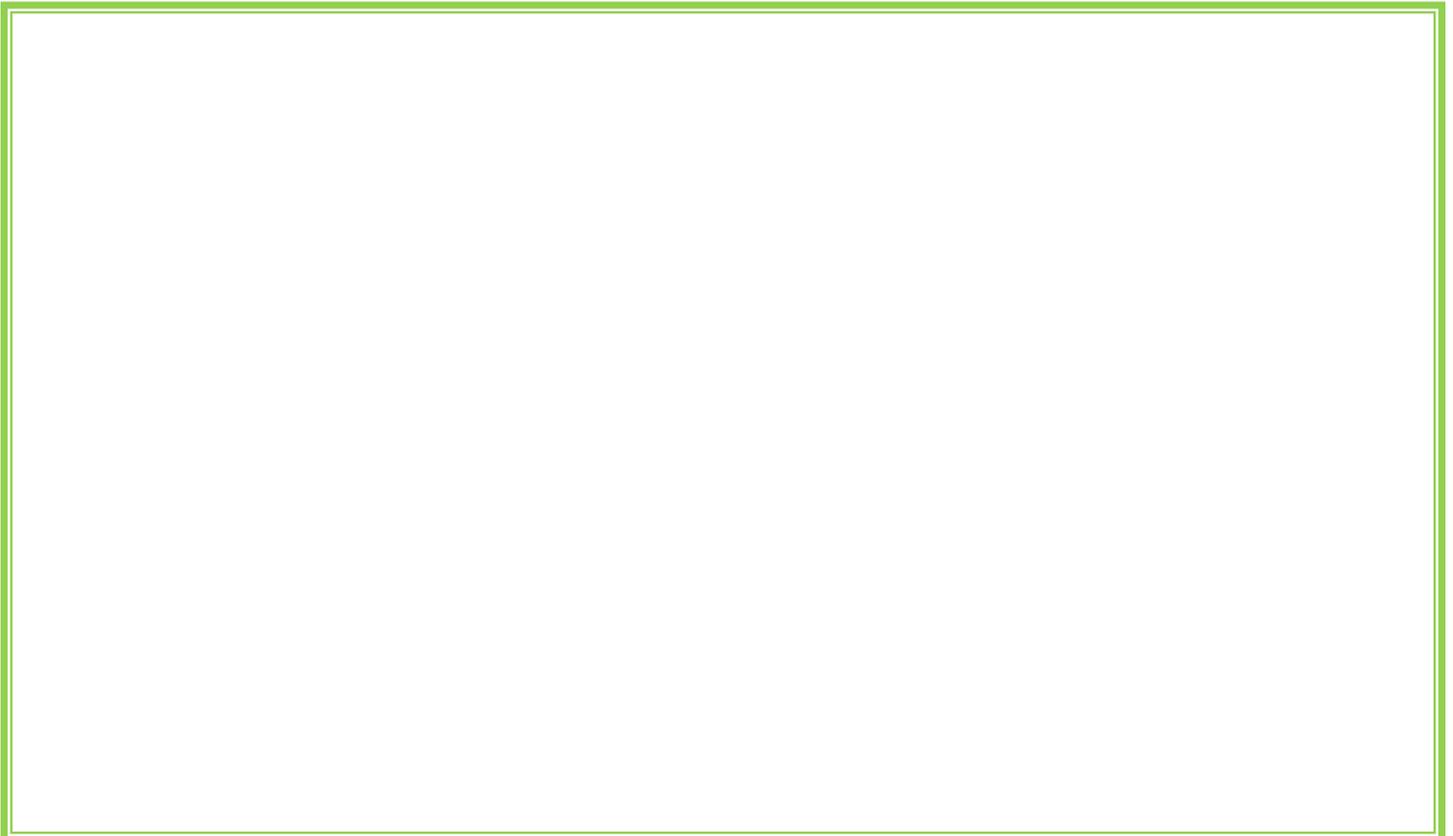
What's In Your Room?

IN A DREAM, HARRIET TUBMAN AND MY YOUNGER SELF STOOD IN A ROOM AT OPPOSITE ENDS FACING EACHOTHER. SHE ASKED *WHAT DO YOU WANT IN YOUR ROOM, CHILD?*

I begin to question her question, and she sternly interrupted me asking again, *what do you want in your room?* I finally understood what she meant. I woke up, drew the scene in my journal and begin to write all that I wanted to have in *my room*. Happiness, joy, clarity, courage; the list still continues to this day. That room represents my life and on a deeper level, my everyday internal existence and atmosphere.

And now I ask you: *What's in Your Room?* **Day 1** in Spiritual Rehab consists of you writing down all of the qualities of life you want in your room; not material possessions, money, or relationships. What types of thoughts and emotions do you want to experience on a daily basis? Write them down in your room. Post them on the walls , floor, and ceiling. Now, moving forward only welcome those ideals in. Nothing else has permission to enter your room (life).

Song: Water Sounds — To be played daily while focusing on e-Sheets



I Forgive.

FORGIVENESS IS AN ACT OF FAITH. YOU CAN FORGIVE EVEN IF IT STILL HURTS.

Through my experience with God I grew to understand that like all concepts of the heart, forgiveness takes faith. Forgiveness is actually a part of who we are, we need only to activate it by Faith. My friend told me that forgiveness is not acting as if the offense didn't occur it is simply not holding it against the offender...even if that offender is yourself.

Unforgiveness is really one seeing the offense being repeated over and over again; its holding on to what has happened in the past. Think about it, we start to see the offense and not the person. This only stagnates relationships and ultimately us as individuals. It keeps us in the very space and time the event occurred. How much longer do you plan on staying there?

Today is the day we rise above wrongdoings through forgiveness.

Day 2. Fill in the blanks in below and rewrite in your *Soul Sessions* journal to add additional people or events. Then, read out loud. Write about how you feel and release your forgiveness by faith.

Song: Wings of Forgiveness — India Arie

By faith, I forgive _____

for _____.

I set _____ free.

I pray all goes well with _____.

I let go of the act done to me and now *I am free.*

Note: You may have to say this more than once especially when the unforgiveness tries to make a comeback. Remember you have already forgiven; it will take a while for your mind and emotions to get the memo.

Paradigm Shift

YOU ARE NOT YOUR THOUGHTS BUT YOU & YOUR LIFE REFLECT WHAT YOU THINK ABOUT!

Learning this concept took a while along my journey. I wrestled with feelings of guilt and thoughts of inferiority until I finally realized that I will inevitably manifest what I think about.

Today, we will take inventory of our paradigm; our pattern of thinking. How we see life shapes how far we go. It influences our health, relationships, career & finances, and our entire existence. Often times it is not our circumstances that need to change but what we think about our circumstances that has to be transformed.

Day 3. Use the space below to log in your overall system of thinking. For example, your current paradigm may be guilt your new paradigm should be forgiven. You may think in terms of lack, your new paradigm will be abundance.

Song: Alabaster Box — Cece Winans

CURRENT PARADIGM

1.

2.

3.

4.

5.

6.

7.

NEW PARADIGM

1.

2.

3.

4.

5.

6.

7.

Who Am I?

WHENEVER ASKED *WHO AM I?* I OFTEN REPLY: *I AM A MANIFESTED LIGHT BEING?* AND THAT ALWAYS LEADS TO AN INTERESTING CONVERSATION?

Before you born and while being woven together in your mother's womb your purpose, eye color, shade of skin and blood type were already chosen. You were before you came to be. We are so much more than hair, flesh, occupation, and marital status. We are more than parents, siblings, and friends. We are the Spirit within.

Our core being is made up of faith, joy, forgiveness, peace, patience, and kindness. We are soaked in love. And it only takes that paradigm shift for us to realize it.

Day 4. Today we will meditate (to say out loud calmly; to repeat within your mind; to ponder and question for understanding) on the following mantra.

Song: I Am Light — India Arie

I AM a manifested light-being filled with faith, joy, forgiveness, peace, patience, and kindness.

I AM soaked in love.

Write your thoughts, questions, feelings, and epiphanies (aka aha moments, revelations; etc) in your Soul Sessions Journal.

Why Am I Here?

YOU KNOW YOUR PURPOSE, IT'S JUST BURIED BENEATH THE WORLD'S NOISE.

First you must accept the fact that you have a purpose. There is a very specific mission for your life. One that includes activities and ideas created within you to be performed by you. The wrong way of discovering this is thinking it will be uncovered in a day or two.

Discovering your purpose is like one adventurous scavenger hunt. You are given hints and can only move forward to the next task after completing the current one at hand. The key to discovering your purpose is the audacity in believing you have one. After that, your purpose is revealed through the commitment to walking in it and the desires of your heart.

Keep an account of the hints or whispers life offers you. They are the common themes around hobbies, work experience, and what people always seem to come to you for. Then make a list of desires. What are some causes you're passionate about? What are the initiatives, goals and dreams you will do without getting paid? You are on your way.

Day 5. If you know your purpose and are on the road of pursuing it, write down three goals and action steps to move to the next level.

Song: I Was Here — Beyonce

HINTS /GOALS

1.

2.

3.

DESIRES/ATCION STEPS

1.

2.

3.

Reflection

BE STILL AND KNOW GOD & THYSELF.

You've arrived to **Day 7!** Take today's session to simply reflect. Reflection is the practice of looking back in order to learn and digest. Read through your journal entries. Look at the start of your vision board. Read your I AM mantra aloud. Remind yourself of the forgiveness you have extended (and received.). Reflect on that paradigm shift and your ability to refocus on your new way of thinking. Remember who you are and why you are here! Remember what's in your room (and what's not allowed).

Laugh, cry, and express gratitude for this new life, this abundant life, this free life that you are walking in. I want you to dance to this song—Just Fine by Mary J Blige. I remember being out hearing this song. Tears came to my eyes right in the middle of the floor, because although I wasn't where I wanted to be in life I was just fine with where I was and who I was.

And plainly put, You are Life. The state of your Spirit determines your emotions, health, relationships, and the entire journey on Earth. You are Life and You (Life) are constantly growing and discovering new elements about yourself. You will always experience shifts and the key to happiness is being OK with who you are along the journey. It is being at peace with and knowing God and yourself.

Today, don't force any thoughts or emotions. Just reflect and record whatever thoughts and emotions that come to you. And tomorrow continue to reflect while making plans on moving forward in Life (You).

OWN Your Greatness

- Tashima

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